

# Stay Active Stay Connected Program Guide

## Winter 2022



Visit  
[OSCC.ca/SASC](https://oscc.ca/sasc)  
and click Online  
Programs schedule  
to join

We are proud to partner with the City of Sarnia Strangeway Centre, Town of Renfrew, Town of Mono and Thunder Bay 55 Plus Centre to bring **FREE** virtual programming to seniors across Ontario.

This project is partly funded by the Government of Canada's New Horizons for Seniors Program.

Visit: [oscc.ca/sasc](https://oscc.ca/sasc)

Canada 

# Stay Active & Connected with us!



Participate in a variety of online programs using Zoom.

Online programs are **FREE** at [oscc.ca/sasc](https://oscc.ca/sasc)

## Fitness and General Interest Classes

### Monday

- **Zentangle** 10:30 a.m. - 12:00 p.m., beginning January 10 for 10 weeks
- **Healthy Bones (15/15/15):** 1:30 - 2:30 p.m., beginning January 10 for 10 weeks

### Tuesday

- **Intro to French:** 10:30 - 12:00 p.m., beginning January 11 for 10 weeks
- **Tai Chi (Modern Style):** 12:30 - 1:30 p.m., beginning January 11 for 10 weeks
- **Plant Based Food Series:** 2:00 - 3:00 p.m., beginning January 18 for 6 weeks

### Wednesday

- **Pen and Ink:** 9:00 - 10:30 a.m., beginning January 5 for 12 weeks
- **Latin Dance Fit:** 11:00 - 12:00 p.m., beginning January 5 for 12 weeks
- **Taste of India:** 3:00 to 4:00 p.m., beginning January 12 for 6 weeks

### Thursday

- **Chair Yoga:** 9:00 - 10:00 p.m., beginning January 6 for 12 weeks
- **Genealogy:** 10:30 - 12:30 p.m., beginning January 13 for 6 weeks

### Friday

- **Ballroom Line Dance:** 10:00 - 11:00 a.m., beginning January 14 for 10 weeks

## New to Zoom?

Learn to Zoom on Monday & Fridays at 9:00 a.m. Link posted on [oscc.ca/sasc](https://oscc.ca/sasc)

# Seminars & Workshops

## Chat with Naturopathic Doctor

- Managing Your Blood Sugar: Friday, January 28, 9:00 - 9:30 a.m.
- Healthy Blood Sugar: Friday, February 25, 9:00 - 9:30 a.m.

## Kicking the Sugar Series

- Stress, Eating and Sleep: Thursday, February 3, 11:30 a.m.
- The Art of Healthy Living: Thursday, February 10, 11:30 a.m.
- Eat a Balanced Diet: Thursday, February 17, 11:30 a.m.

## Fraud Prevention Seminars

- Wednesday, February 9, 12:30 to 2:00 p.m.
- Wednesday, February 16, 12:30 - 2:00 p.m.
- Wednesday, February 23, 12:30 - 2:00 p.m.

## Adventures in Art History Open House

- Tuesday, February 22, 11:00 a.m.- 12:00 p.m.

## Healthy Smoothies 101

- Tuesday, February 22, 2:30 p.m.- 3:00 p.m.

## Juicing for Beginners

- Wednesday, March 2, 2:30 - 3:00 p.m.

## Understanding your Medication

- Thursday, March 3, 2:00 - 3:30 p.m.

## Stress and Sleep

- Thursday, March 10, 2:00 - 3:30 p.m.

## Getting the Most out of Your Health Care Appointment

- Thursday, March 17, 2:00 - 3:30 p.m.

## Living Retirement on Your Terms

- Monday, March 21, 1:30 - 2:30 p.m.

## Understanding Food Labels

- Thursday, March 24, 2:00 - 3:30 p.m.



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## Recreation and Social Programs

**Indigenous Book Clubs:** Mondays 1:00 - 2:30 p.m.

**Indigenous Current Events:** 2nd/4th Tuesday each month 9:30 - 10:30 a.m.

**Virtual Bingo:** Tuesdays 1:00 - 3:00 p.m.

**Sports Chat Round Table:** Wednesdays 1:00 - 2:00 p.m.

**News and Views:** Thursdays 11:30 - 12:30 p.m.

**Rec Social Mixed Games:** Fridays 11:30 - 12:30 p.m.

A person is sitting cross-legged on a purple yoga mat in a living room, meditating with their hands in a mudra. A silver laptop is open on the mat in front of them. The background shows a blurred living room with a sofa and a plant.

**No Registration  
Needed!**

Go to [oscc.ca/sasc](https://oscc.ca/sasc)  
and join in the fun!

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